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Wednesday's
Jackpot

MY HEART IS BROKEN ... GET THE DUCT TAPE

NOT SO FAST, SAYS RED GREEN. INSTEAD TRY THIS NEW BOOK: RED GREEN'S BEGINNER'S GUIDE TO WOMEN (FOR MEN WHO DON'T READ INSTRUCTIONS), SET FOR RELEASE SEPT. 17 **PAGE 9**



Man charged with second- degree murder

London police investigating after a man's body was taken from a third-floor room of a Travelodge on Sunday **PAGE 2**

London hot shots make Profit's Hot 50

Zomaron Merchant Services, tbk Creative make magazine's list of fastest growing Canadian outfits **PAGE 4**

Catcher of The Shy

Armageddon, Avatar writer took years to research 700-page book, documentary about life of famously reclusive author J.D. Salinger **PAGE 9**



Touching down at Western

Commander Chris Hadfield. Canada's man from space launches new Ivey building



SCOTT
TAYLOR

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The astronaut who became a star instilled Western University students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Commander Chris Hadfield, considered by some Canada's greatest gift to space since the Canadarm.

Back on earth after more than five months commanding the International Space Station (ISS), the Sarnia-born Hadfield was invited to Western as part of the school's unveiling of the \$110-million Richard Ivey Building.

In his keynote address, Hadfield noted how much the world has changed since the end of Second World War, marveling over the many "antagonistic countries" that worked together to build the ISS.

"To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

There are good and bad

The deets

Richard Ivey Building facts:

- There are 15, 78-seat classrooms
- Five, 50-seat classrooms
- There's enough exterior glass to cover 10 basketball courts
- It has three student lounges
- There's 11,650 feet of Algonquin limestone

examples everywhere, he added, and the goal is to learn something from all of them.

But in the young, eager minds that dream of life's possibilities still lying ahead, Hadfield tried to instill some caution. That lesson came in the form of his first space-walk in 2001.

Moments into the walk, contamination in his helmet blinded him in both eyes. He was literally floating in the darkness.

He told Houston he had a problem, though not in such famous words. In the end, though, it was countless hours of preparing for the worst that saved him.

"I practiced that emergency so many times that my immediate reaction wasn't one of panic or one of ignorance, but one of calm and readiness," he said.

His message to Western's future leaders: Reach for the stars, but keep your feet firmly planted on the ground.



Commander Chris Hadfield takes the stage Monday at Western University's Alumni Hall, urging students to be prepared for anything that comes their way and to strive for what seems impossible. ANGELA MULLINS/METRO



A London police officer talks Monday morning with detectives outside the Travelodge Hotel on 800 Exeter Rd. as they investigate a homicide. ANGELA MULLINS/METRO

20-year-old charged in hotel homicide

Third of the year.
Police say suspect,
victim knew each other



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The London police major crimes unit is investigating after a man's body was taken from a third-floor room at the Travelodge Hotel at 800 Exeter Rd. late Sunday.

Police responded to a 911 call at about 8 p.m. One man was taken into custody, and police say they don't expect to make any more arrests.

James McCullough, 20, of Orangeville has been charged with one count of second-degree murder and one count of committing an indignity to a human body, police said Monday.

It's believed that he and the victim, who has yet to be identified, knew each other.

A post-mortem examination was scheduled for Monday at London Health Sciences Centre to the determine cause of death. Police, however, are treating the incident as the city's third homicide of the year.

Hotel guests coming and going Monday morning were shocked to hear the

news. One woman asked how the man had died, adding she had heard nothing out of the ordinary during the previous evening.

Two police cars remained in the hotel's parking lot early Monday and a pair of plain-clothes detectives entered and left the building quickly. One police officer stood guard in a third-floor hallway so a room couldn't be accessed.

Hotel employees were told not to speak to media.

Anyone with information in relation to the incident is asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

A look back

- The city's first and second homicides of 2013 are believed by police to have been committed by the same man.
- Jason Cleveland, 38, was charged with two counts of second-degree murder and one count of committing an indignity to a human body after police discovered the bodies of two men in an apartment on London's west side March 30.

Controversy

Hudak shuffles out finance critic

Progressive Conservative Leader Tim Hudak has fired finance critic Peter Shurman for taking a \$20,719 housing allowance from taxpayers last year.

Shurman, a former talk radio host who represents a suburban riding bordering Toronto, moved to a \$660,000 home in Niagara-on-the-Lake and claimed the allowance for an apartment near Queen's Park where he stays while working at the legislature.

Hudak said in a statement Sunday night that controversy over the payout — which was not strictly against regulations — was becoming a distraction for his party and its message of respect for taxpayer dollars.

A source said Hudak's meeting with Shurman to discuss the allowance Sunday turned into "a very heated exchange" with the leader asking his MPP to repay the housing allowance, which Shurman refused.

The source said Hudak was aware Shurman was moving to Niagara-on-the-Lake but did not know the Thornhill MPP was claiming the housing allowance.

Shurman declined to comment when asked about repayment, but in a statement said: "I followed the rules. I own one home only. I am very satisfied that my life is one of total integrity."

TORSTAR NEWS SERVICE



Progressive Conservative Leader Tim Hudak
THE CANADIAN PRESS

Wynne threatens election if legislation stalls



Premier Kathleen Wynne talks to voters in Wortley Village during the Aug. 1 byelection.

ANGELA MULLINS/METRO

Premier Kathleen Wynne is threatening a fall election unless opposition parties vote for government legislation such as consumer-friendly cellphone contracts and a ban on teens using cancer-causing tanning beds.

"If there is absolutely no possibility for collaboration, then the legislature will grind to a halt, and the opposition will have made it clear that they want a general election. I hope that doesn't happen ...

my first choice is to make the minority parliament work," she said.

The premier said she has asked for meetings with Tory Leader Tim Hudak and NDP Leader Andrea Horwath to discuss ways to get certain pieces of legislation through instead of getting jammed up in partisan bickering.

The only major piece of legislation to pass since Wynne became premier in February was the spring budget backed

by the New Democrats.

The Liberal government on Monday introduced legislation creating Ontario's first spending watchdog.

"We are proposing the creation of the Financial Accountability Officer to further enhance the openness and transparency of government," Finance Minister Charles Sousa said.

The position is modelled after the federal parliamentary budget officer.

The call for a watchdog was among the demands made by the New Democrats in exchange for supporting the minority Liberal government's spring budget.

The spending watchdog's role is different from that of the provincial auditor general, who investigates government spending after the fact. The financial accountability officer will have oversight over spending before it happens.

TORSTAR NEWS SERVICE

City councillors PAWS for thought on animal control

'No kill' or 'low kill'? Council votes for limited contract extension as campaigners heckle them



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Animal control was on the agenda but people control was at the forefront of minds.

There was tension at city hall on Monday night as about 40 animal activists crowded into the public gallery to hear a city committee rule on London's animal services contract.

But the committee didn't rule.

It deferred a decision for six months, to allow staff to do more work on the contract process and answer questions about how it will be regulated.

But first the protesters made their feelings known.

Outside, they waved signs with slogans like "London, the city that keeps on killing" and cheered as passing cars honked their horns.

Inside, they had to wait in a corridor with security staff until they were permitted entry.

In the council chamber, they were warned by chair Denise Brown not to shout

Kill rate

- During Monday night's heated debate, Coun. Bill Armstrong asked city staff for numbers of cats and dogs euthanized by the city in recent years.
- In 2012, the city killed 1,516. In 2011 it was 1,436 and in 2010 it was 1,219.
- The campaigners filling the public gallery favour a "no kill" approach where animals are only euthanized when in severe medical distress.

comments or cheer.

They cheered anyway, and shouted comments, questions and suggestions.

They applauded and yelled.

One even called for a city staffer to be fired, then councillors spoke out to support him.

There was swearing from the gallery. Feelings ran high.

The activists were there to witness a discussion about the plan to award the city's animal control contract to Urban Animal Welfare Inc, instead of volunteer-led group Progressive Animal Welfare Services.

The debate was long, with councillors reluctant to make a decision with more information.

All agreed they would



David Ennis of Progressive Animal Welfare Services (PAWS) with his dog Maggie, a rescue. Ennis led the proposal PAWS drafted in a bid to handle animal welfare services for the city. MIKE DONACHIE/METRO

prefer an "animal welfare" approach rather than "animal control," repeatedly referring to the success of Calgary, where owners are regulated more than animals.

The main difference between the bids? PAWS, a non-profit, wants a "no kill"

care model.

UAM wants "low kill" and its bid was recommended by city staff.

Independent experts also said UAM was more experienced and the PAWS bid did not appear to have enough resources to call on.

In an odd side issue,

Coun. Joni Baechler expressed concern about what could be said about the contract process.

City staff explained that the meeting could not hear comment on the merits of a contract bid while the process was ongoing.

Then came two public

delegations, and Sara Rans, chair of the animal welfare advisory committee, felt unable to say much.

But activist Dianne Fortney did speak out, saying about the contract: "I would beg you not to betray the promises you have made to the community."

Blackfriars Bridge stays closed; study looks to future



Blackfriars Bridge has been closed to vehicle traffic for much of the year. The closure was extended to pedestrians last month after an inspection revealed extensive corrosion. MIKE DONACHIE/METRO

An attempt to see a quick reopening of Blackfriars Bridge failed Monday night.

With a range of options on the table before the civic works committee, councillors agreed unanimously to allow a full assessment of the structure's condition.

But first Coun. Harold Usher and Mayor Joe Fontana tried to pass a recommendation that the city spend \$260,000 on short-term repairs.

That would have meant the bridge — which has cost the city \$770,000 in repairs

Quoted

"We have a heritage structure there, and we have got to respect that."

Coun. Harold Usher

over the last 10 years — reopening to pedestrians within 18 weeks.

Allowed to speak as a guest of the committee, Coun. Judy Bryant, which represents the ward where the bridge sits, appealed for action to reopen the "major thoroughfare."

She said of the ongoing closure: "Because so many people in Blackfriars don't have cars and there isn't a bus that runs right through there, it will cause a tremendous amount of hardship for people who can't get to work."

But four of the six committee members voted "no" on that proposal. They all supported an environmental assessment of the bridge's condition, which could keep it closed for 18 months.

City staff will bring back proposals for the span. But

there were dire descriptions of its corroded condition at the committee meeting, and, for the first time, an estimate of the possible final repair bill: \$2.5 million to \$3 million.

A series of councillors insisted the 138-year-old bridge is worth saving.

"I think we can agree that this bridge is the grand old lady of the Thames," Coun. Paul Van Meerbergen said.

The decision must still pass at the full council meeting next week.

MIKE DONACHIE/METRO



Joseph Jongsma of Zomaron Merchant Services is a leading light in one of London's hottest businesses. MIKE DONACHIE/METRO

Local companies running hot

We've got the 'it' factor in IT. Two London firms make Profit magazine's prestigious Hot 50 list



MIKE DONACHIE
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Do you have a great business idea that will make your fortune?

These London entrepreneurs did, and they're making it big.

Two companies from the city have been named on Profit magazine's Hot 50 list of fast-growing Canadian outfits.

The magazine asks young firms to get in touch with tax returns that prove they're on the up, and London's Zomaron Merchant Services, which provides payment processing services to businesses, was ranked at No. 21.

Not far behind is web design and social marketing agency tbk Creative, at No. 35.

Zomaron vice-president and co-founder Joseph Jongsma said it's about having a good idea and knowing whom to trust.

City's Hot 50 duo

No. 21 on the list:

- **Zomaron Merchant Services** grew by 841 per cent between 2010 and 2012.
- Its 2012 revenue was \$4,820,988, and its employee numbers grew to 184 today from 30 in 2010.

No. 35 on the list:

- **tbk Creative** grew by 503 per cent from 2010 to 2012.
- Its revenue for 2012 is listed as between \$500,000 and \$2 million, but more details were not available due to "shareholder confidentiality."
- Over the two years, its staff grew to nine from three.

"We found a way to bring down the cost of processing credit cards and debit," said Jongsma, who is out to take on the big guns, competing direct-

ly with Canada's biggest banks.

At tbk Creative, founders Melissa McInerney and Andrew Schiestel also had a simple idea.

"We said, 'How do we build a website that drives more sales leads, that drives more revenue and measurably grows a company?'" Schiestel recalled.

In one example, tbk built a site for Fertility Ontario that led to 1,700 per cent more patients contacting a medical clinic online.

Kapil Lakhota, head of the London Economic Development Corp., said the two successes show London punches above its weight for IT.

"We have over 300 IT companies in London with over 8,000 people in this industry, and we're certainly building a reputation for innovation and creativity in the information technology space," he said.

So what about that big idea? Do the experts have any advice?

"Do your homework," says Schiestel. "Plan how you're going to continue your business after you launch it."

He suggested looking at crowdfunding websites like Kickstarter or Indiegogo.

"Find someone you can trust and share your information with them," advises Jongsma. "Finding the right partners means success."

Profit's Hot 50 list includes 17 companies in Toronto and several more near it, in places like Burlington. Most of the rest are in big cities like Calgary.

Punching above our weight

"We're certainly building a reputation for innovation and creativity in the information technology space."

Kapil Lakhota, London Economic Development Corp.

What fresh heat is this? Alert issued as temps set to climb as high as 33 C today

Summer 2013 just won't go down without a fight.

Environment Canada has issued a heat warning for the region Tuesday when the temperature is expected to soar as high as 33 C with the humidex making it feel more like a roasting 43 C.

The tropical conditions will hang around for Wednesday, as well. That humidity may produce the odd thunderstorm, but for at least two more days sandals and sunglasses will be all the rage.

If the forecast holds true,

Tuesday will be the city's hottest day since July 19, the finale of a five-day string of heat alerts. It was only 21 C on Sept. 10 last year.

It may very well be summer's fond farewell with forecasters saying the high — if it can be called that — for Friday will be a very fall-like 14 C.

Environment Canada weather guru Dave Phillips says London's fall and winter, much like its summer, should be average for both temperature and precipitation. **SCOTT TAYLOR/METRO**

Summer coming to close

Average London temps this summer:

- **June:** high, 23.1 C; low, 12.9 C
- **July:** high, 26.1 C; low, 16.0 C
- **August:** high, 24.9 C; low, 13.1 C

Jen Hamilton

Fanshawe grad returns to roots

Artist Jen Hamilton is returning to Fanshawe College for a solo exhibition in the gallery where she got her start.

Originally from Thunder Bay, Hamilton is a painter and printmaker now based in London. The Fanshawe fine-arts graduate is heavily involved in the art community and is board president of the artist-run Forest City Gallery.

Her work will be on display through Sept. 20 in Fanshawe's Siskind Gallery (Room H1015). Gallery hours are 8 a.m. to 4 p.m. Monday to Friday.

Check jenhamilton.ca for a sampling of her work. **METRO**

HIV/AIDS care

Walk for Life coming this weekend

Walkers are gearing up for Saturday's 24th Scotiabank AIDS Walk for Life in Springbank Gardens.

The annual walk supports Camp Wendake, the John Gordon Home and the Regional HIV/AIDS Connection — three local non-profits delivering care and programs for those living with HIV/AIDS.

This year's fundraising goal is \$50,000.

Registration starts at 5:30 p.m. The walk is at 7 p.m. **METRO**



For more local news visit metronews.ca

London Training Centre

Field-to-table fundraiser for culinary program

Here's something to chew on.

The London Training Centre has put together a menu to beat all others in support of its culinary program.

From homemade chocolate truffles to fresh-shucked oysters to roasted Huron County pork loin, Thursday's Food for Thought fundraiser has a little bit of everything for every taste bud.

The food will be served up in the very field where much of it was grown.

Tickets are \$60. Visit londontraining.on.ca for details. **METRO**

Crown calls for harshest sentence in decades



Travis Baumgartner admitted to carrying out multiple homicides in his bid to steal hundreds of thousands of dollars. THE CANADIAN PRESS FILE

No parole for 40 years.
Ex-guard pleads guilty to killing three co-workers, attempting to kill fourth

Prosecutors say a former armoured-car guard who admits he gunned down four of his colleagues should get life in prison with no chance of parole for 40 years.

Such a penalty would be the first under a federal law enacted in 2011 that allows for consecutive sentences in multiple-murder cases.

Travis Baumgartner pleaded guilty Monday to one count of first-degree murder and two counts of second-degree murder in a plea bargain. He also admitted to attempted murder in the serious wounding of a fourth guard.

The Crown says there were many aggravating factors in the crime, including a betrayal of trust and the fact that Baum-

gartner "did it all for money."

The prosecution pointed out that it would be the harshest penalty in Canada since the last execution in 1962.

Baumgartner methodically shot his fellow guards in the head as they reloaded ATMs in June 2012.

A statement of facts entered in court said Baumgartner shot three of the guards as they had their backs to him, then returned to the waiting armoured truck and shot a fourth co-worker.

Court heard that Baumgartner owed family and friends money and had just bought a new truck.

"At least I don't have to pay for the truck anymore," he told an undercover police officer after his arrest. "No bills for me."

Search warrants revealed that his mother told officers she woke up the morning of the shooting to find \$64,000 in cash in her home.

THE CANADIAN PRESS

Long-term care. Group says mice found chewing dementia patient's face

A health-care advocacy group says a dementia patient at a long-term care home in southern Alberta is recovering after a staff member found mice nibbling at her face.

Friends of Medicare says it happened at St. Therese Villa in Lethbridge on Sept. 1.

"The lady was in fact bitten and now she's been medically treated for that," said Sandra Azocar, executive director of Friends of Medicare.

"I'm completely horrified. I think it's beyond words. I can't imagine being that lady who had this happen to her."

The woman also has disabilities and would not have been able to move the mice off her face, Azocar said.

"She's doing OK. Emotionally it impacted her and she's on medication to prevent infection."

Azocar said a nest of mice was found in the woman's closet.

Staff at the 200-bed facility operated by Covenant Health

Standards

"This is so unbelievable that this would be happening in Canada's richest province, that our seniors are having to live under these conditions."

Sandra Azocar, executive director of Friends of Medicare

first complained about mice about a year ago, Azocar said. She added the care centre, built in 2008, also has had a bedbug infestation for about nine months.

No one at Covenant Health or St. Therese could be reached for comment.

"It's obvious the situation hasn't been dealt with the urgency it requires. Even though staff have tried to deal with it, there's no overall plan to deal with these health hazards in a more urgent manner," Azocar said.

THE CANADIAN PRESS

Child's death a surreal horror story

The first emergency crews to find the body of a boy so skeletal he looked like a starving child are still deeply disturbed by the sight more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died from complications of chronic starvation. He was a few weeks shy of his sixth birthday but weighed 21 pounds — about

the same as he did on his first birthday.

"It was the complete and utter destruction of dignity to any child or human being," said paramedic Marc Dugas of what he saw on Nov. 30, 2002.

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues.

Bottineau and Kidman were granted custody without a background check. Both had a previous child-abuse conviction.

"After the grandparents were granted custody ... no worker oversaw or checked in on the family," said coroner's counsel Jill Witkin. "It doesn't



Jeffrey Baldwin CONTRIBUTED

appear that he was ever even taken out of the house."

Dugas was shocked by Jeffrey's condition, but the rest of the family seemed unconcerned, he said. When paramedics worked on Jeffrey in the back of the ambulance, no one came out of the house to inquire about him, Dugas said.

Even when the first emergency crew arrived on scene, they had to knock to get Bottineau to come to the door, and she seemed annoyed, said Toronto Fire Capt. Royal Bradley.

"She told me to keep it down because there was a child just inside, sleeping on the couch," Bradley testified.

The inquest heard a recording of the 911 call Bottineau placed. She said Jeffrey had recently stopped eating and he "might have a touch of the flu."

"Apparently my grandson is not breathing right now," she says.

Major changes have been implemented across Ontario since Jeffrey's death.

THE CANADIAN PRESS

Gun laws

Should the blind be packing heat?

Some blind people are granted gun permits in one U.S. state, and law enforcement officials are debating the wisdom of it.

The Des Moines Register reports that Iowa law doesn't allow sheriffs to deny a permit to carry a gun in public based on physical ability. Blind people can

obtain the permits for carrying a weapon in public because of changes to state law that took effect in 2011.

Jane Hudson with Disability Rights Iowa said federal law requires states to analyze a situation individually before denying a service.

"The fact that you can't drive a car doesn't mean you can't go to a shooting range and see a target," Hudson said.

THE ASSOCIATED PRESS

Conrad Black

Verbose ex-con to grace TV sets in Oct.

Conrad Black's weekly current-affairs show will begin airing next month.

The flagship show, titled The Zoomer — Television for Boomers With Zip was announced in May but had yet to bring the former media executive into Canadian living rooms.

ZoomerMedia now says

the 60-minute talk show will begin airing on its Vision TV channel Oct. 7 at 9 pm.

It will be co-hosted by former Citytv/MuchMusic journalist and CBC Radio executive Denise Donlon.

As part of each episode, Black will conduct a feature "Conversation With Conrad" or participate in a panel discussion with "some of the world's greats." He will also tackle a slew of issues in an editorial segment.

THE CANADIAN PRESS

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Vote-rigging claims

Runner-up tries to stem anger over Moscow election

Opposition leader Alexei Navalny on Monday night defused anger over the Moscow mayoral election, telling a vast square of cheering supporters to celebrate his surprisingly strong second-

place finish as a victory that gave rise to real political competition in Russia.

Navalny has claimed that Sunday's vote was manipulated to give the Kremlin-appointed incumbent, Sergei Sobyenin, the slim majority he needed to win in the first round and avoid a runoff.

Russia's most respected election monitoring group also questioned the accuracy of the vote. **THE ASSOCIATED PRESS**

Secret court motions

Facebook, Yahoo want to disclose data on FISA orders

Facebook and Yahoo asked a secret court Monday to allow them to disclose data on national security orders the companies have received under the Foreign Intelligence Surveillance Act.

The two tech companies filed separate, similar motions Monday with the secret court that oversees that law. Two other companies, Google and Microsoft, have similar motions pending with the court.

All four companies were among several U.S. Internet businesses identified as giving the National Security Agency access to customer data. **THE ASSOCIATED PRESS**

Social media

Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics looked a bit more crowded Monday with members of President Hasan Rouhani's Cabinet encouraged to open their own Facebook pages — in a country where

authorities, at the same time, try to block the public from social media.

The government-as-Facebook Friends initiative, reported by the pro-reform Shargh daily, is seen as part of Rouhani's efforts to give the presidency a makeover as more accountable and accessible after his combative predecessor, Mahmoud Ahmadinejad.

THE ASSOCIATED PRESS

Syria surprisingly agrees to surrender chemical weapons

Taken with a grain of salt. U.S. will consider proposal for peaceful solution, but is still trying to sell Congress on taking military action

A possible diplomatic solution to avoid a U.S. military strike arose Monday as Syria swiftly welcomed a suggestion floated by Secretary of State John Kerry to move all of the country's chemical weapons under international control.

The White House said it was looking at Syria's statement with skepticism and continued its efforts to sell the notion of a strike to reluctant Congress members.

The diplomatic opening followed a remarkable chain of events that started with Kerry's suggestion, followed by a proposal from Russia and immediate endorsement by the UN secretary-general.

The developments could provide President Barack Obama with a way out of a messy political and foreign policy bind, though the matter was far from settled.

The Obama administration tried to play down the significance of Kerry's comments and scoffed at Russia's prospects for success but ended up saying it would consider the idea.

Obama pressed ahead with efforts to win congressional backing for U.S. military action, and officials insisted that Syrian President Bashar Assad's government must be held accountable for using chemical weapons regardless of what happens to its stocks.

Kerry told reporters in London early Monday that Assad could resolve the crisis surrounding the use of chemical weapons by surrendering control of "every single bit" of his arsenal to the international community by the end of the week.

THE ASSOCIATED PRESS



In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus, Syria. In the interview broadcast Monday on CBS, Assad threatened to retaliate for any military strike launched in response to the alleged chemical weapons attack. **THE ASSOCIATED PRESS**

Wife says George Zimmerman threatened her with gun



The estranged wife of George Zimmerman called police Monday and claimed her and her father were threatened by Zimmerman, shown in the photo above, with a gun. She also said Zimmerman punched her father. **GARY W. GREEN/GETTY IMAGES FILE**

George Zimmerman's estranged wife called police officers to her father's house on Monday, saying the former neighbourhood watch volunteer who was acquitted of murder threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said Police Chief Steve Bracknell. In a call to police she said Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened them both with a gun.

Zimmerman was not arrested and officers were at the house trying to determine what happened, Bracknell said. He said the estranged husband and wife are blaming each other for starting the fight but that Shellie Zimmerman would not press charges.

Shellie Zimmerman said in a divorce petition filed last week that she and her husband separated a month after Zimmerman was acquitted of any crime for fatally shooting 17-year-old Trayvon Martin last July in Sanford, Fla., just

a few miles away from Lake Mary, Fla.

Zimmerman's acquittal led to protests nationwide.

Shellie Zimmerman was asking that her husband pay for a permanent life insurance policy with her named as the beneficiary, according to a divorce petition made public last week.

In an interview with ABC's Good Morning America that aired last Friday, Zimmerman said her husband left her with "a bunch of pieces of broken glass" after the acquittal.

THE ASSOCIATED PRESS

Fractured union

Shellie Zimmerman said her husband only stayed in their house three or four nights since the trial ended and that they even tried counselling.

- Despite the efforts she moved out Aug. 13.
- "I have a selfish husband and I think George is all about George," she said.

Caesars' next big gamble is the world's largest ferris wheel

Las Vegas. 55-storey High Roller is part of a new outdoor plaza that's intended to lure Gen Xers and millennials

The madcap carnival on the Las Vegas Strip is getting another over-the-top addition: The world's largest ferris wheel.

The outer wheel of the 55-storey High Roller ride was scheduled to be hoisted into place Monday. The gargantuan project is now visible from all over the city, including the airport. Early next year, it will be outfitted with 1,500 LED lights, and start its slow spin.

"It's going to be an icon," project director David Codiga said. "It's going to be a part of your visit to Las Vegas if you ride it or not. It's more or less impossible not to see it if you come here."

Caesars Entertainment Corp., which owns more casinos than any other U.S. gam-

Towering achievement

- The High Roller will be about 30 metres taller than the London Eye, which opened in 2000, and nine metres taller than China's Star of Nanchang, which opened in 2006.

- The High Roller isn't the only big wheel jostling for a place in Vegas. A rival company is building the observation wheel SkyVue across from Mandalay Bay at the Strip's southern end.

bling company, is building the ride as part of its \$550-million US Linq development, a new outdoor plaza across the street from Caesars Palace.

The walking mall, sandwiched between the Flamingo and Harrah's, is expected to open this winter. It's designed to lure Gen Xers and millennials, demographics Caesars believes will contribute a majority of Sin City tourist dollars by 2015. **THE ASSOCIATED PRESS**



It's going up thataway: David Codiga, project director for the new outdoor plaza in Las Vegas called the Linq, gestures skyward in front of the partially completed High Roller ferris wheel in this July 30 photo. The ride's outer wheel was to be hoisted in place Monday. **JEFF SCHIED/LAS VEGAS REVIEW-JOURNAL/THE ASSOCIATED PRESS**

Kryptonian currency. Mint unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian.

One of the coins depicts Superman flying above Me-

tropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for \$750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from \$29.75 to \$129.75.

The designs include a 3-D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. **THE CANADIAN PRESS**



Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. **MICHELLE SIU/THE CANADIAN PRESS**

Retail

CPPIB, Ares to buy Neiman Marcus

A \$6-billion US deal for American luxury retailer Neiman Marcus comes at a good time because the strengthening U.S. economy provides opportunities for growth, the Canada Pension Plan Investment Board said Monday after announcing it's partnering with private equity firm Ares Management to buy the Dallas-based company.

THE CANADIAN PRESS

Benefits

El premiums to be frozen for 3 years

Employers and workers will get a small break over the next three years as Ottawa freezes employment insurance premiums at the current level. Finance Department staff estimate the freeze will save businesses and workers \$660 million next year. Minister Jim Flaherty says that gives employers room to hire more staff. **THE CANADIAN PRESS**

Streaming

Xbox Music to be available for free

Microsoft is making its Xbox Music streaming service available for free on the web, even to those who don't use Windows 8. The expansion beyond Windows 8 devices and Xbox consoles is meant to bring new customers into the software giant's ecosystem of devices and services and could help it compete with other digital music services.

THE ASSOCIATED PRESS

Art

Museum IDs Van Gogh piece

Amsterdam's Van Gogh Museum says it has identified a long-lost Vincent Van Gogh painting that spent years in a Norwegian attic because it was thought not to be authentic. It is the first full-size canvas by the Dutch master discovered since 1928. Sunset at Montmajour depicts a landscape of oak trees, bushes and sky. **THE ASSOCIATED PRESS**

Ontario. Mac's promises to build 27 new stores if it's allowed to sell booze

Mac's Convenience Stores Inc. is promising to invest \$54 million dollars to build 27 new convenience stores in Ontario if it is granted the right to sell alcohol in Ontario.

"(The new stores) will provide some much needed competition to the government monopoly and private sector cartel that currently control alcohol sales in this province," Tom Moher, vice-president of operations of the central Canada division of Mac's, said on Monday.

The chain — owned by Alimentation Couche-Tard — made a pitch for selling booze

Job estimate

170

Tom Moher, vice-president of operations of the central Canada division of Mac's, estimated the expansion would create up to 170 full-time jobs.

to the Toronto Region Board of Trade on Monday.

Tom Moher said he is becoming more optimistic than ever that the Ontario government will allow convenience stores to sell alcohol in the "not-so-distant future."

THE CANADIAN PRESS

Market Minute

DOLLAR
96.40¢
(+0.33¢)

Natural gas: \$3.61 US (+8¢)
Dow Jones: 15,063.12 (+140.62)

TSX
12,854.64 (+33.72)

OIL
\$109.52 US (-\$1.01)

GOLD
\$1,386.70 US (+\$0.20)

DON'T FALL FOR ALL DIGITAL DEALS

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee



SHE SAYS

Jessica Napier

metronews.ca

has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Do you need a hand?

3D printing helps replace lost digits

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS

The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs \$500 to make.



DENIS FARRELL/THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.

How Sad:

Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with.

Sean Nicolas Savage:
An obnoxiously prolific Montrealer

who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets.

(seannicholassavage.bandcamp.com)

Grounders:

A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme.

(grounders.bandcamp.com)

Twitter



TODAY!

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@Canucklehead_ca: To bitcoins? No way - people should hold off for my 'Lincolns' kiosk which will dispense IOUs. (As good as money.) INVEST

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Researcher among the shy

Salinger. Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE
Metro World News in New York

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esme — With Love and Squalor.)

Was this always intended to be a non-fiction project?

Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s



J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

— this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?

I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic

things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

Were some of the people hard to convince to take part?

Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending



Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

her telegrams saying can you come up this weekend? These letters provided this un-

precedented look at Salinger.

Did Miller require a lot of coaxing?

I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

Ultimately how did you wind up convincing her?

I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

Were there myths you wanted to debunk?

That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17-year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

You can't fix love with duct tape, Red

Guide to women.

Red Green is back and ready to offer his wisdom on love and relationships in a book

For years, nay, centuries, man has struggled with one central question: What does it take to make a woman happy?

Thankfully, a wise man has boldly stepped forward with the answer: Red Green.

Yes, that Red Green. The guy with the checkered shirt, fishing hat and suspenders. The genius who uses duct tape to fix everything. Red Green is back from Possum Lodge, Chapter 11, and once again he has all the answers.

You'll find them in his new book: Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions).

Chapters include Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas?

The hardcover tome published by Random House arrives in bookstores Tuesday, Sept. 17.

Green, the comical creation of Steve Smith, endeavours to help his brethren through all the tricky stages of male-female relationships. There are tips on everything from finding a mate right up to the all-important "learning to deal with her growing disappointment in you."

Smith, 67, thought he had retired Green in 2006 when The Red Green Show went out

of production after 15 seasons — making it, he claims, "the longest-running, live-action scripted comedy in the world." When he decided to write books and perform live comedy shows a few years ago, the longtime resident of Hamilton, Ont., had to retrieve Red's hat from the University of Toronto, where he had donated it to the archives. Now he's back in cap and suspenders for another Red Green How to Do Everything tour. The live 29-city showcase opens Friday and Saturday in St. Catharines, Ont., with all proceeds from those two shows going to Ronald McDonald House. Other stops include Surrey, B.C. (Thursday, Sept. 19), Casino Rama in Ontario (Oct. 26) and Fredericton, N.B. (Nov. 1).

While some might quibble

Gift giving

So what's the dumbest thing Steve Smith a.k.a. Red Green has ever given his wife in their 47 years together?

- Mukluks. They weren't high-fashion mukluks either. "These were entry level. To me, heels are dangerous."

with Green's credentials as a relationship expert, Smith has earned the right to hand out marriage advice. His union with wife Morag will have lasted 47 years come this Remembrance Day. THE CANADIAN PRESS



Red Green. THE CANADIAN PRESS

2 SCENE

Myles knows he has miles to go

Long road to success.

East coast singer-songwriter is having the best year of his career, but he's set his sights on even more

David Myles looks long.

That's not just a physical assessment of the tall, gangly 32-year-old singer-songwriter, who cuts an atypical figure for someone who has won one of Canada's top hip-hop music honours. He wears thick-rimmed glasses, hails from New Brunswick with a home base in Halifax and, on this balmy day, he's just completed an intimate set in Toronto for the lunchtime Bay Street crowd wearing a large-brimmed sun hat and white linen suit.

It's also a reflection of Myles's approach to his music

career. It's been a wild year that he described as "the best of my career," spurred on by the massive success of *Inner Ninja*, the earnest rap tune with Halifax MC Classified (the alias of Enfield, N.S.'s Luke Boyd) that has soared to the top of Canadian charts and last year won the Juno for rap recording of the year.

But he's taking it all in stride. "It's been the coolest thing. It really, really has," said Myles. "But I'm not a superstar by any stretch. I'm out there on the road — and everybody is. You play shows, a certain number of people say, 'I love this,' they get the CD: that's how you build your career. There are breaks or whatever, but ultimately day by day, it's incremental building."

"It takes years, man, it takes years. And if you think it doesn't, then I think you're probably in the wrong game."

To those who have tracked Myles's career, this move from

singer-songwriter roots crooner to hip-hop might not be that surprising for the musical chameleon. He says he's been a longtime rap fan — particularly of Canadian pioneer Maestro Fresh Wes — and has always been influenced by other genres. In the same breath, he names Willie Nelson, David Byrne and Sam Cooke among his inspirations; he's collaborated in the past with opera soprano Measha Brueggergosman and bossa nova singer Bia. He says, with a laugh, that his next album might take its cues from country legend Merle Haggard.

"I like the idea of having a really varied career, and I hope I have a long career that's really diverse," he said.

Nevertheless, this recent dip into the hip-hop waters did provide for some new challenges. Myles says he learned music in the "traditional" way — practicing scales, learning chords, playing in the school band, training



David Myles has soared to fame on the strength of the Juno-award-winning hit *Inner Ninja*. His cross-Canada tour begins Wednesday in Winnipeg. THE CANADIAN PRESS

Hali-facts

Halifax is the shared home of David Myles and Classified. The city was once hailed as a "new Seattle" for indie rock — promoting that collaborative spirit. The city has produced a wide range of talents, from folkster Joel Plaskett to indie songbird Jenn Grant to oddball rapper Buck 65, many of whom have

partnered up and swapped genres like clothes. "You're in it together. You're an outpost, to a certain extent. That's why St. John's is great, Winnipeg is great. There's a certain amount of isolation there, and you've got to hone your skills before you head out into the wider world," Myles says.


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FOR WHAT MATTERS.

Diabetes, dating and a dirty mind

Sister act. Este Haim, oldest sibling in the rocking trio Haim, talks about how the pursuit of perfection delayed their album release

RICHARD PECKETT
Metro World News in London

Este Haim sits perched at the bar — among love-locked couples and scurrying waiters — in central London's trendy The Riding House Café. "It's a first-date kind of place," she strikes up.

Indeed, she's the sassiest of the Los Angeles trio — three sisters that form the guitar-wielding indie-rock band Haim. Since last year, the siblings have roused the music industry jaded by dance derivatives with their Nu-folk-meets-'90s R&B pop.

The fans are swooning, too, with girls wanting to be them and boys wanting to bed them. After a clutch of EPs and a ser-



After a clutch of EPs and a series of worldwide tours, Haim is set to release their much-anticipated debut album on Sept. 30. CONTRIBUTED

ies of tours worldwide, the Rapunzel-haired siblings — Este, 27, Danielle, 24, and Alana, 21 — are finally releasing their much-delayed debut album *Days Are Gone*, which includes tracks such as *Don't Save Me*, *Falling* and *Forever*, due out on Sept. 30. Metro chats with the

eldest sis — the band's bassist — about their first record, cheating in exams, diabetes and their rock-loving parents.

Why did you delay your album release?

We wanted to be able to experiment and kind of figure

out sonically how we wanted things to sound. The truth is we did a couple of songs a couple of times a couple of different ways. On top of that we went on tour with people we really admired: Florence (Welch), Mumford and Sons, Vampire Weekend.

You've had so much hype and exposure that this doesn't feel like your debut album.

To me this definitely feels like my first record. We've put a lot of pressure on ourselves.

Are you a perfectionist?

Yeah, to a fault. OCD, ADHD — it's a lethal combination. We wanted it to sound cohesive and make sure there were some elements that tied everything together. It's a reflection of our lives since we started the band.

Sounds deep.

Thank you. I went to college and university.

You finished a five-year course in two years — very impressive.

I did. Funny because yesterday I told everyone onstage I

The art of perfection

"We wanted it to sound cohesive and make sure there were some elements that tied everything together."

Este Haim on Haim's debut album

cheated on my SATs.

How did you cheat?

Well, I basically had my phone with me.

I'm impressed you managed to get your phone in.

It's because... oh my god. Because I'm diabetic, I got to have my room and I get more time on the SATs — no one was watching me.

Have you used that trick since?

To get out of a speeding ticket. I don't want to use diabetes as an excuse because it's not, but speeding tickets in America are like \$600, you get two points

on your record and my dad would have taken my car away.

What actually happened?

The cop pulled me over and I was like, 'My blood sugar is low and I was rushing to 7-Eleven to get an OJ' and he let me go.

Let's talk men: You've got a bit of a thing for rapper ASAP Rocky.

It goes without saying — he is a pretty motherf—r and he has such swagger.

You recorded LVL with him. Was he stoned?

Let's just say it was pretty purple in there. We ended up having a weird YouTube party where we tried to one up each other on who could show the dopest YouTube video. That's where I discovered Gangnam Style — ASAP Rocky showed it to me. We couldn't figure out what he was saying — we thought it was "open condom style."

Dirty mind.

My mind is perpetually in the gutter.

Tumblr joke turned web phenom turned book

Texts From Bennett.

Kansas City hip hop artist's texts from his cousin are making him a small fortune

ALEXANDRA CAVALLIO
Metro World News in New York

Two years ago, an ingeniously simple Tumblr featuring the copy-and-pasted text messages of a "17-year-old white boy who thinks he's a Crip, works at Amoco, has a girlfriend named Mercedes, and is one of the most unintentionally funny and brilliant souls on the planet" almost broke the Internet, so rapid and immense was its popularity and reach.

If you don't know what we're talking about, we can only assume you were hanging out under a very large rock during late 2011, because *Texts From Bennett* just might be one of the defining Internet memes of our time.

The Tumblr, which instantly whipped the world wide web into a frenzy of delight, horror and speculation as to whether



Kansas City rapper Mac Lethal. CONTRIBUTED

or not Bennett was a fake, turned out to be the creation of Kansas City rapper Mac Lethal (a.k.a David Shelton) who felt that his wannabe gangster cousin Bennett's loveably crass and mostly inane texts were too good not to share with the world. Now, Lethal has turned the popular Tumblr into a novel. We checked in with the rapper/author in between stops on his *Texts From Bennett* Tour, during which he'll be signing copies of the new book and performing live.

When you first started *Texts From Bennett*, did you have any idea it was going to be such an insane

phenomenon?

I had no idea it would be this huge. The world wasn't ready for a 17-year-old Crip with the inability to speak coherent English.

How did you get the idea to start the Tumblr?

I needed a place to collect the screenshots because my phones kept breaking and losing them all, so I started it with no intention of it ever being big.

What's the book about — is it just a collection of his texts or is it more of a narrative?

It's a single narrative about Bennett and his mom, my Aunt Lillian, coming to live with me for a summer.

What's Bennett like in real life?

Gentle. Tattooed. Surprisingly supportive in all aspects of life. He's the type of kid who would rather come along for the ride to something you were doing, and be happy for your good experience, than try to impose his own experiences on you. He has a big heart ... just mislaid.

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page 82

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



McKellan plays priest as Stewart has fun getting hitched

PAT HEALY

Metro World News in Boston

Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend,

with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.



Christina Aguilera. ALL PHOTOS GETTY IMAGES

Motherhood puts Aguilera back in good shape

Christina Aguilera has wowed onlookers by getting back into fantastic shape recently, but she insists regular trips to the gym have not been part of the equation. "If I can squeeze in a workout,

great. If not, that's OK, too," she tells Maxim magazine. Her secret? Trying to keep up with five-year-old son Max. "Running around with him all day is pretty good exercise," she insists.

Robin Quivers reveals battle with cancer

Robin Quivers revealed yesterday on Howard Stern's Sirius XM radio show that she has been fighting bladder cancer for the past year. Quivers, who left the show last year for a then-undisclosed reason, revealed that the cancer had been discovered in the endometrial tissue in her uterus. Thanks to serious treatment, including surgery, chemo and radiation, the cancer is now in remission. "It was so huge that it was lying on all the organs in my pelvis, and they literally had to scrape it off," Quivers recounted about the tumour. "They couldn't even figure out how to operate at one point because it was so massive." Stern said that if it wasn't such a happy outcome, he would have ended the show. "I'll f—ing kill you if you have cancer. I'm not doing the show without you. ... I'm quitting if you're not doing the show," he joked/threatened when Quivers initially left the show for a "procedure."



Robin Quivers

Is there a 'bigorexic' man skulking around your gym?

Fitness. Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE

Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder

Supplements

No drugs, no problem?

- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."



Working out is OK, just don't get obsessive about it. iSTOCK

Best Health

Getting your levels just right



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In the September issue of Best Health, regular columnist Dr. Susan Biali, a medical doctor, advises that women need to get enough of certain key nutrients. Many women are unaware that they may be low in these.

While it's always best to get nutrients from whole foods, sometimes supplements are necessary.

Iron

Many women who are low in iron feel vaguely tired and foggy-brained, and aren't aware that their iron stores are low. Too much iron can be toxic, though.

Magnesium

If you crave chocolate, it could be that your body needs magnesium, which is found in cocoa and other foods. The mineral helps

nerves, muscles and the heart to function properly, supports the immune system and strengthens bones.

Folate

Most women know extra folate is needed during pregnancy, or if you are trying to conceive. But low folate can also affect your mood. It helps synthesize feel-good serotonin.

Vitamin D

Supplements are critical for those living in the world's northern climates, such as Canada's.

That's because we have less sunlight during the year than countries farther south. Low D levels are now being linked to everything from breast cancer to heart disease. You can get your blood level of vitamin D tested, and ask your doctor

for his or her opinion.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.



3 LIFE



"This book is the ultimate baby shower gift."

Paid PR Person

"Buy multiple copies!"

Authors

"Eye-opening. I just bought 87 boxes of condoms."

Single Dude



LYRANDA MARTIN EVANS AND FIONA STEVENSON

REASONS MOMMY DRINKS

A hilarious guide to parenthood. In bookstores now.

Soup season is around the corner: Vegetable and Bean Minestrone



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)



ROSE REISMAN

For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

2. Add stock, potatoes, bro-

Ingredients

- 1 tbsp vegetable oil
 - 1 tsp crushed garlic
 - 1 1/2 cups chopped onion
 - 1 medium carrot, finely 1 chopped
 - 1 small celery stalk, finely 1 chopped
 - 4 1/2 cups beef stock
 - 1 1/2 cups finely chopped peeled potatoes
 - 1 1/2 cups chopped broccoli
 - 1 can (19 oz) tomatoes, crushed
 - 3/4 cup canned, drained and rinsed chickpeas
 - 2 bay leaves
 - 1 1/2 tsp each dried basil and oregano
 - Pepper
 - 1/3 cup broken spaghetti
- Garnish**
- 3 tbsp grated Parmesan

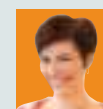
coli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

3. Add pasta; cook 10 minutes, stirring often, or until spaghetti is firm to the bite. Garnish each bowl with cheese.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Health Solutions

If it looks like a duck...



NUTRI-BITES

Theresa Albert
DHN, RNCPT
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenready-ducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken

but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON

TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Reasons Mommy Drinks: Because you hit her with a block and she can't swear

New book. Pair offers tips on surviving the first 18 months of your kid's life



RICHARD CROUSE
Metro World News

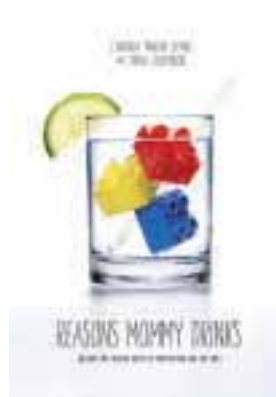
Reasons Mommy Drinks, the new book by Lyrandia Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock or cocktail. The day-care chapter, for instance, is matched with the Day Care Defense, a fruity rum drink



they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship through university.

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively. We did the Second City conservatory program together, co-produced sold-out musical variety shows for charity and founded a sketch com-



Fiona Stevenson, left, and Lyrandia Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

edy troupe called Math is Hard."

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmom-

mydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in

a two-hour power writing session during nap time.

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely

losing themselves in the process. To a time-starved, sleep-deprived new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids."

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."



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tion has online courses and programs offered through four different platforms — Fanshawe Online, OntarioLearn, LERN, and LearnKey — to ensure the programs meet the needs of the students.

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OUA football

Mustangs sweep weekly honours

Three Western Mustang football players have been named OUA players of the week.

Quarterback Will Finch, linebacker Pawel Kruba and kicker Lirim Hajrullahu received honours for leading their team to a 58-15 victory Saturday over McMaster.

Finch threw for 449 yards and five TDs while Kruba had nine tackles and two interceptions. Hajrullahu went five-for-six on field goals. **METRO**

NHL

Flames' Kipper calls it a career

Calgary Flames goaltender Miikka Kiprusoff announced his retirement Monday.

The 36-year-old spent the last nine seasons with the Flames, including the club's memorable run to the 2004 Stanley Cup final.

Kiprusoff holds team records for wins (305), games played (576) and shutouts (41). **THE CANADIAN PRESS**

Lance Armstrong

IOC wants bronze medal returned

The IOC wants Lance Armstrong to hand back his Olympic medal.

IOC vice-president Thomas Bach says Armstrong and the U.S. Olympic Committee had been asked to return the bronze medal that the American won at the 2000 Olympics.

Armstrong was stripped of his seven Tour de France titles and banned for life from elite sports. The IOC also stripped him of his bronze medal.

THE ASSOCIATED PRESS

NFL

Fan dead after fall from overpass

NFL opening day excitement was tarnished with the death of a fan who fell from a pedestrian overpass outside the big game in San Francisco, and injuries to two others from falls inside the Indianapolis stadium.

Early indications suggest 32-year-old Kevin Hayes of Hayward fell accidentally, San Francisco Police Chief Greg Suhr said.

THE ASSOCIATED PRESS



Rafael Nadal falls to the court after topping Novak Djokovic in the U.S. Open men's final on Monday night in New York City. AL BELLO/GETTY IMAGES

Nadal completes climb back to top

Tennis. Spaniard completes tumultuous year by claiming 13th Grand Slam championship with four-set victory over Djokovic

Hard to believe this is the same Rafael Nadal who was at home during the U.S. Open a year ago, nursing a bad left knee.

Hard to believe this is the guy sent packing in the first round of Wimbledon in

June, losing against someone ranked 135th.

Looking fit as can be, and tough as — maybe even better than — ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

They started in sunlight and finished at nighttime, a three-hour, 21-minute mini-series full of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in the middle of games.

There was no quit in

Gaining major ground

13

The 27-year-old Rafael Nadal's total of 13 major championships ranks third in the history of men's tennis, behind Roger Federer's 17 and Pete Sampras' 14.

either of them, during points that lasted 15, 25, even more than 50 strokes.

This was their 37th match against each other, the most between any two men in the Open era, and third head-to-head U.S. Open final in the

last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011. They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

Barely.

He improved to 22-0 on hard courts and 60-3 overall in 2013 with nine titles, including at the French Open, which made him the first man with at least one Grand Slam trophy in nine consecutive seasons.

THE ASSOCIATED PRESS

NBL. Lightning expecting big things from Atuahene

Antwi Atuahene is coming back to the London Lightning for another season.

The six-foot-three Toronto point guard joined the Lightning in January of the 2012-13 season after another Canadian, Osvaldo Jeanty, left the team for Germany.

Atuahene, who played NCAA ball with the Arizona State Sun Devils, is healthy, confident and ready to go, the

Lightning said in a statement.

"We feel Antwi has the ability and personality to be one of the Lightning leaders this coming season," team general manager Taylor Brown said. "There is no question in my mind that he will be one of, if not the top, Canadian in the NBL."

The Lightning open the 2013-14 season Nov. 1 at home against the Windsor Express.

METRO



Antwi Atuahene drives to the basket during a 2007 NCAA game against the UCLA Bruins. Atuahene, who's rejoined the London Lightning roster for the upcoming season, played college ball at Arizona State. HARRY HOW/GETTY IMAGES FILE

Tavares in Stanley state of mind as he takes N.Y. reins



John Tavares speaks at a press conference naming him the New York Islanders' new team captain on Monday in Bethpage, N.Y. ANDY MARLIN/GETTY IMAGES

NHL. 22-year-old former London Knight adds another milestone to young career

Dynamic centre John Tavares is the New York Islanders' new captain.

Tavares, who turns 23 this month, is the 14th captain in the team's 42-year history. He succeeds defenceman Mark Streit, who left as a free agent to join the Philadelphia Flyers.

"I'm honoured," Tavares said in a statement Monday. "To represent my teammates, coaches, management and the incredible fans that support this historic franchise is something that I take seriously."

The former London Knight has led the Islanders in scoring in each of his first four NHL seasons. He had 28 goals — third most in the league — and 47 points while playing in all 48 games last season.

During the 2011-12 season, Tavares became an Islanders alternate captain. He is under contract through the 2017-18 season after agreeing to a six-year, \$33 million extension in September 2011.

"My experiences over the past four seasons have prepared me for this responsibility, and I look forward to the challenge of leading the Islanders each season as we contend for the Stanley Cup," he said.

Tavares was a finalist for the Hart Trophy, given to the NHL MVP. In his playoff debut, he had a team-high five points, including three goals, in New York's six-game loss to Pittsburgh.

Tavares was the No. 1 overall pick in the 2009 NHL draft. He has represented Canada at four of the last five world championships.

"John has ... become the leader of our franchise both on and off the ice," Islanders GM Garth Snow said.

THE ASSOCIATED PRESS



Eagles welcome back RG3

Cornerback Cary Williams of the Philadelphia Eagles sacks quarterback Robert Griffin III of the Washington Redskins on Monday night in Landover, Maryland. For more on the game, go to metronews.ca.

ROB CARR/GETTY IMAGES

NFL

Harbaugh takes a shot at 'tough guy' Matthews

Jim Harbaugh offered a parting shot at Packers linebacker Clay Matthews: Slapping is not the tough-guy way.

Harbaugh said Monday that Matthews threw one punch and slapped 49ers left tackle Joe Staley when they tussled following Matthews's late hit on quarterback Colin Kaepernick in the second quarter of San Francisco's 34-28 season-opening win against Green Bay on Sunday.

"If you're going to go to the face, come with some knuckles, not an open slap," Harbaugh said. "I think if that young man works very hard on being a tough guy, he'll have some repairing to do to his image after the slap."

Matthews promised leading up to the game that Green Bay would target Kaepernick after he ran for a quarterback-record 181 yards to beat the Packers in the playoffs eight months ago, and Matthews did just that. On the play, he threw his right arm around the lower part of Kaepernick's neck. THE ASSOCIATED PRESS

Soccer. New Canadian men's coach Benito Floro rips players at practice

In their first training camp under new head coach Benito Floro, the Canadian men's soccer team has been mostly treated to a man with a calm, calculating demeanour.

Until Monday.

A day after playing to a scoreless tie against Mauritania in the first of two friendlies between the countries, Canada was put through a high-intensity scrimmage where special focus was placed on free kicks and corner kicks.

Floro stood in the middle of the action and, clearly displeased at something near the end of the session, lit into his players, at one point slamming a ball he was carrying to prove a point ahead of Tuesday's second match.

"The shouts and the screams are going to be something that we're going to have to get used to," said midfielder Julian de Guzman.

"The most important thing is just to understand what he wants. This could change the national team in a huge way, in a positive way, and it's just

Chewed out



"This could change the national team in a huge way, in a positive way, and it's just a matter of getting everybody on the same page." Midfielder Julian de Guzman

a matter of getting everybody on the same page because the football that he has to offer is very special."

Floro briefly raised his voice again in a speech to the players at the end of the session.

While he didn't speak after practice, there was no ill will on the part of the players.

"That was the first time I'd seen it," said defender Adam Straith with a bit of a smile. "Every coach, in my opinion, has to do that sometimes when things aren't the way he wants them to be."

"I think the point came across and I think we'll be ready (Tuesday) to put in a good performance." THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	87	58	.600	—
Tampa Bay	78	64	.549	7½
Baltimore	76	66	.535	9½
New York	76	67	.531	10
Toronto	67	76	.469	19

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	82	61	.573	—
Cleveland	76	66	.535	5½
Kansas City	75	68	.524	7
Minnesota	61	80	.433	20
Chicago	57	85	.401	24½

WEST DIVISION

	W	L	Pct	GB
Oakland	83	60	.580	—
Texas	81	61	.570	1½
Los Angeles	67	75	.472	15½
Seattle	65	78	.455	18
Houston	47	96	.329	36

Monday's results

Kansas City at Cleveland
N.Y. Yankees at Baltimore
L.A. Angels at Minnesota
Pittsburgh at Texas
Detroit at Chicago White Sox
Houston at Seattle

Sunday's results

Chicago White Sox 4 Baltimore 2
Kansas City 5 Detroit 2
N.Y. Mets 2 Cleveland 1
N.Y. Yankees 4 Boston 3
Oakland 7 Houston 2
Tampa Bay 4 Seattle 1
Texas 4 L.A. Angels 3
Toronto 2 Minnesota 0

Tuesday's games — All Times Eastern

Kansas City (Guthrie 13-10) at Cleveland (McAllister 7-8), 7:05 p.m.
N.Y. Yankees (Nova 8-4) at Baltimore (Gonzalez 9-7), 7:05 p.m.
L.A. Angels (Williams 6-10) at Toronto (Buehrle 11-7), 7:07 p.m.
Boston (Dempster 8-9) at Tampa Bay (Price 8-7), 7:10 p.m.
Pittsburgh (Liriano 15-7) at Texas (Perez 9-3), 8:05 p.m.
Oakland (Parker 11-6) at Minnesota (Hendricks 1-2), 8:10 p.m.
Detroit (Porcello 11-8) at Chicago White Sox (Johnson 0-1), 8:10 p.m.
Houston (Lyles 6-7) at Seattle (Saunders 11-13), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	85	57	.599	—
Washington	73	69	.514	12
Philadelphia	66	77	.462	19½
New York	64	77	.454	20½
Miami	53	88	.376	31½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	83	60	.580	—
Pittsburgh	81	61	.570	1½
Cincinnati	82	62	.569	1½
Milwaukee	62	80	.437	20½
Chicago	60	82	.423	22½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	83	59	.585	—
Arizona	72	70	.507	11
Colorado	66	78	.458	18
San Diego	65	77	.458	18
San Francisco	64	79	.448	19½

Monday's results

Chicago Cubs at Cincinnati
Atlanta at Miami
Washington at N.Y. Mets
Arizona at L.A. Dodgers
Colorado at San Francisco

Sunday's results

Cincinnati 3 L.A. Dodgers 2
Milwaukee 3 Chicago Cubs 1
Philadelphia 3 Atlanta 2
San Diego 5 Colorado 2
San Francisco 3 Arizona 2 (11 innings)
St. Louis 9 Pittsburgh 2
Washington 6 Miami 4

Tuesday's games — All Times Eastern

San Diego (Cashner 8-8) at Philadelphia (Cloyd 2-3), 7:05 p.m.
Chicago Cubs (Jackson 7-15) at Cincinnati (Cingrani 7-3), 7:10 p.m.
Atlanta (Teheran 11-7) at Miami (Koehler 3-9), 7:10 p.m.
Washington (Zimmermann 16-8) at N.Y. Mets (Gee 11-9), 7:10 p.m.
Milwaukee (Peralta 9-14) at St. Louis (Miller 12-9), 8:15 p.m.
Arizona (Cahill 6-10) at L.A. Dodgers (Volquez 9-11), 10:10 p.m.
Colorado (De La Rosa 16-6) at San Francisco (Vogelsong 3-5), 10:15 p.m.

CFL

WEEK 11

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

Sunday's results

Toronto 37 Montreal 30
Winnipeg 25 Saskatchewan 13

WEEK 12

Friday's game — All Times Eastern

Hamilton at Calgary, 9 p.m.

Saturday, Sept. 14

Winnipeg at Edmonton, 6:30 p.m.

Toronto at Saskatchewan, 9:30 p.m.

Sunday, Sept. 15 — Montreal at B.C., 4:30 p.m.

NFL

WEEK ONE

Monday's results

Philadelphia at Washington
Houston at San Diego

Sunday's results

Chicago 24 Cincinnati 21
Dallas 36 N.Y. Giants 31
Detroit 34 Minnesota 24
Indianapolis 21 Oakland 17
Kansas City 28 Jacksonville 2
Miami 23 Cleveland 10
New England 23 Buffalo 21
New Orleans 23 Atlanta 17
N.Y. Jets 18 Tampa Bay 17
San Francisco 34 Green Bay 28
Seattle 12 Carolina 7
St. Louis 27 Arizona 24
Tennessee 16 Pittsburgh 9

Thursday's result

Denver 49 Baltimore 27

MLS

Sunday's results

Montreal 4 New England 2
Chivas USA 1 D.C. United 0
New York 4 Houston 1
San Jose 1 Philadelphia 0

Wednesday's game — All Times Eastern

Chicago at Toronto, 7:30 p.m.

Horoscopes

♈ Aries

March 21 - April 20

A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

♉ Taurus

April 21 - May 21

Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

♊ Gemini

May 22 - June 21

You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

♋ Cancer

June 22 - July 23

You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

♌ Leo

July 24 - Aug. 23

It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

♍ Virgo

Aug. 24 - Sept. 23

Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

♎ Libra

Sept. 24 - Oct. 23

What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

♏ Scorpio

Oct. 24 - Nov. 22

Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

♐ Sagittarius

Nov. 23 - Dec. 21

Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

♑ Capricorn

Dec. 22 - Jan. 20

Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

♒ Aquarius

Jan. 21 - Feb. 19

Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

♓ Pisces

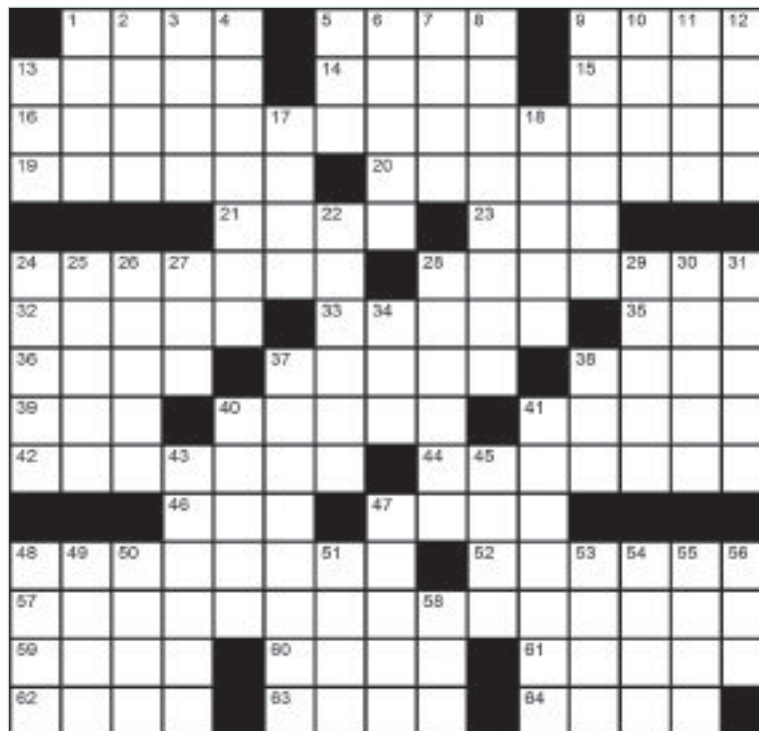
Feb. 20 - March 20

Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Etna extraction
- Outline
- Be in need of Gold Bond
- Not-leaving prisoner
- Berry found in the Amazon Rainforest
- Intl. alliance created in 1949
- People on Black-Berrys, for instance: 2 wds.
- Run off the track
- Herman ____ (Novelist of Moby-Dick; or, The Whale)
- Certain
- South: French
- Coleslaw's content
- Discharge
- The Hunter constellation
- ____ Kea (Site of observatories in Hawaii)
- The Pacific ____
- Prefix meaning 'Self'
- Teachers of yore
- Like an owl
- Some radios, e.g.
- Fashion mag
- Cut
- Cushy barn section
- Most times
- Cartoon fight sound effect!
- "I'm Yours" singer Jason
- Passage-hindering



- war tactic
- Acadian dish of grated potatoes, ____ Pie
 - Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
 - Entr'____ (Theatrical interlude)

- Stretched tight
- Effort to achieve a goal
- Filmed a movie
- The Beatles' Pepper, et al.
- Guesses [abbr.]

Down

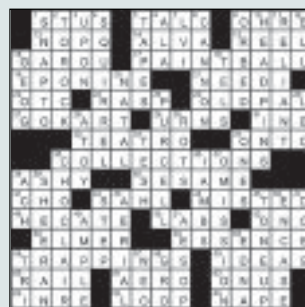
- Green hue

- Way over yonder
- Waitress on "Alice"
- Craftsperson
- "Well, ____-dahl!"
- Green Day's "When ____ Around"
- Pony's pride
- They measure television viewership
- Newsmagazine

- ____ Edition"
- Unit of weight in China
- Keyboard key
- Outdoor tap hookup
- John Lennon's unintended acronym
- Socket's insertee
- Droplet-looking

- throat part
- Outfit the boat with a new sail-support, say
- Sports team leader
- Popular island retreat
- Itsy-____
- Scarer's sound!
- "____ Has It" by Adele
- Princess in "The Little Mermaid" (1989)
- ____ rug
- Manicure board
- Get weapons
- Canadian brothers band, The ____
- "Huh...?"
- "Twistin' the Night Away" by Sam ____
- Leonard Cohen song title lady
- Necklace's storing-little-things piece
- Wrapped garment
- "You know you gotta help ____..." - The Killers
- Arm: French
- ____ Ness Monster
- Eight: Prefix
- Burden
- Greek letters
- Station
- Promissory notes
- Mr. Asner's
- "Holding Out for a Hero" singer ...her initials-sharers

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	5	8	4	7	3	5	2	1
2	7	4	6	1	5	3	9	8
3	1	5	2	8	9	4	7	6
4	3	1	8	9	2	7	6	5
5	8	9	3	6	7	1	4	2
6	2	7	1	5	4	9	8	3
8	9	6	5	4	1	2	3	7
7	5	2	9	3	8	6	1	4
1	4	3	7	2	6	8	5	9

9			3	7				1
	6					8	3	
	8				1	2		4
					6			8
		5				4		
7			5					
3			2	9				4
	9	1					2	
6				5	1			9

Today

33°/21°

Sunny

Wednesday

30°/12°

Thundershowers

40%

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